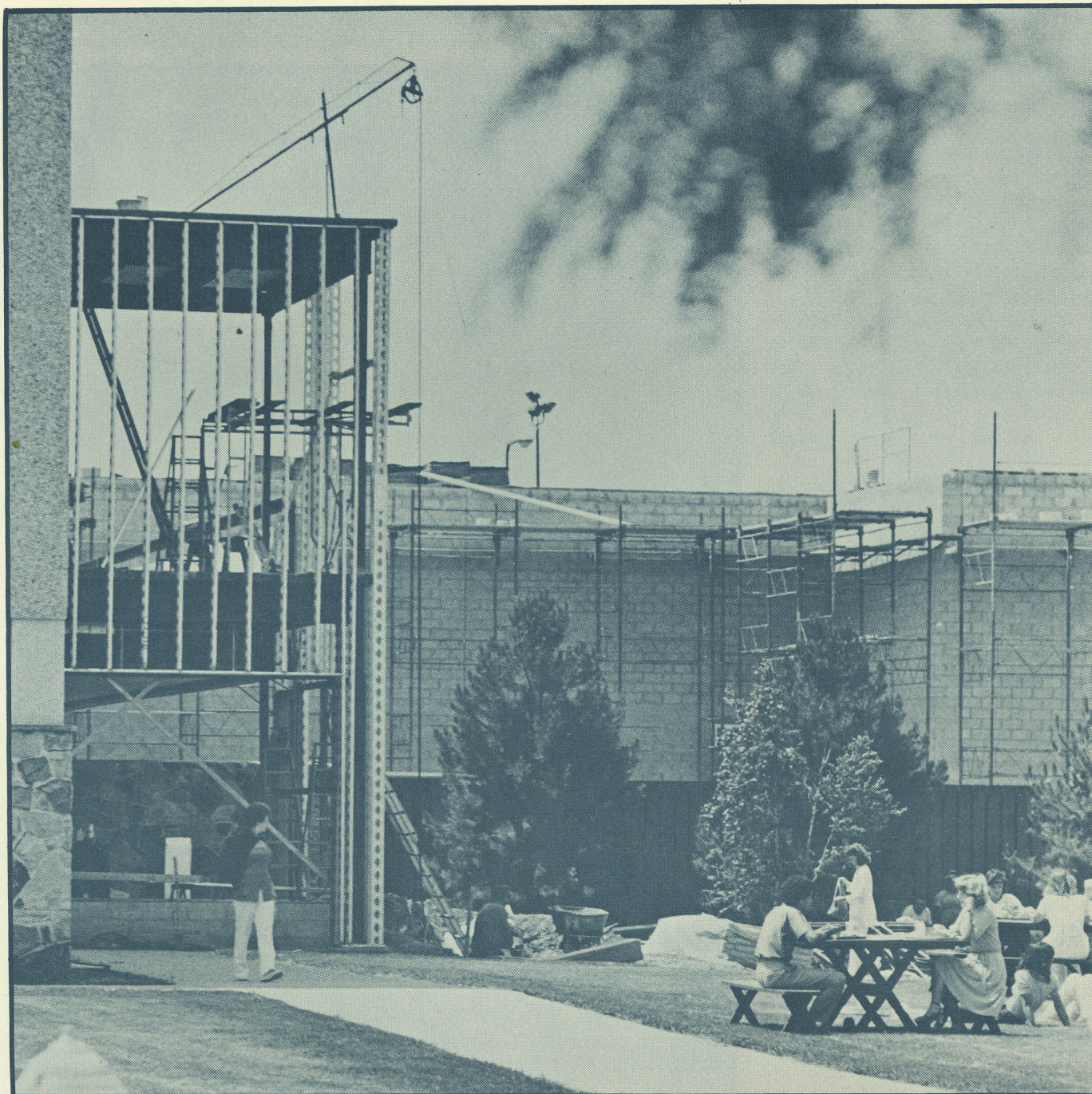


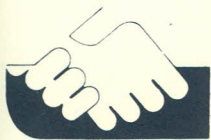
update

Vol. 4 No. 12

June 15, 1981



Summer's arrival means more employees enjoying lunch outside — undaunted by dining room expansion, left, General Services Building construction, right, and creating a second floor walkway to it.



The Center Welcomes

To Credit Union
Fern Feather

To Housekeeping
Joann Bandre'
David Steward

To Laboratory
Boris Sidow

To Nursing Service
Lisa Bucceri
Jeanne DeCloe
Elizabeth Delaney
Debbie Hausman
Janice Held
Patricia Lengel
Martha MacLachlan
Helen Marczyk
Pamela Mariott
Patricia Potetz
Sue Stork
Kathleen Walter
Doris Wise

Welcome Back
Debra Walicki - Laboratory

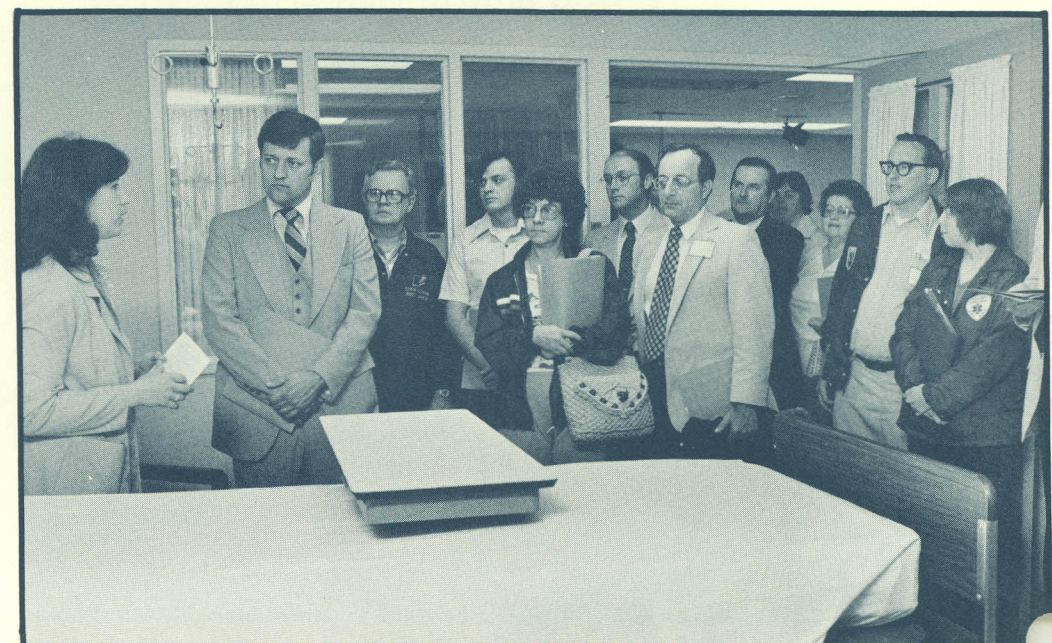
Burn Center dedication

The rain that fell on Thursday evening, May 28, dampened everything but the enthusiasm and spirits of nearly 400 people who came to the Hospital Center to witness the dedication and tour of the new Burn Center.

The evening began at 6:00 P.M., with the presentation of a check in the amount of \$1,125 from Pat Lamm, Circulation Manager, from the Bethlehem Globe Times, to Helen Hallock, Auxiliary President. The contribution represents a portion of the profit from a 13-week subscription drive to benefit Burn Center construction.

Also held was an unveiling of a plaque by Helen Hallock and Petey Shoemaker, First Vice President of the Auxiliary, in the Burn Center, dedicating the expanded 6-bed Center to the Auxiliary. Walter J. Okunski, M.D., Director of the Burn Center, and Gary Steinberg, Associate Administrator, both spoke to the Auxiliary, commending them for their tremendous effort and community concern in raising the necessary money to finance the construction project.

The evening continued with displays by the Burn Foundation of Greater Delaware Valley and the Burn Center, tours of the Burn Center, guided by several burn, critical care, and infectious disease staff members, a videotape presentation of the new facility, made by the A&SHHC T.V. department, and refreshments.



Be sure to watch...

"The Allentown and Sacred Heart Hospital Center's Report to the Community, 1980-81" on Saturday, June 27, 8:00 P.M., on WFMZ-TV, Channel 69. The program will be hosted by Ellwyn Spiker, Administrator.



Gale Schmidt Hodavance — Editor
Jim Higgins — Associate Editor
Janet Laudenslager — Staff Assistant
Jack Dittbrenner — Photography
Darla Molnar — Photography

Top photo: In the Burn Center, Helen Hallock (left) Auxiliary president, and Petey Shoemaker, first vice president, admire the dedication plaque; and bottom photo: Anna Seroka, R.N., Critical Care Instructor, left, explains the function of the Center to one of the many groups on tour.

Work/Study students arrive

Now in its sixth year, the Work/Study program, sponsored by A&SHHC, The Allentown Hospital, and Sacred Heart Hospital, and funded by the Dorothy Rider Pool Health Care Trust, continues to grow.

From over 300 applicants, 31 students were selected to experience the organization and operation of a health care institution, as well as test and evaluate their own personal educational and career goals.

Work/Study students at A&SHHC are:

Anesthesia - Michelle Kasnikowski, Misericordia College

Chemistry - Sonja Potrebic, University of Pennsylvania

Dietary - Nina Horoschak, Penn State

Educational Development - Patrick Simonson, Indiana University of Pennsylvania

Emergency Medicine/Surgery - Thomas Klein, Georgetown University School of Medicine, George Lien, Johns Hopkins University, Ira Orgel, Hahnemann Medical College

Histology - Shari Fine, Muhlenberg College

Library - Diane Chronister, Drexel University

Microbiology - Michelle Yarnall, Kutztown State College

Nursing, Administration - Ansley Ham, Duke University

Nursing, Critical Care Education - Alicia Bartlett, Bloomsburg State College

Nursing, Enterostomal Therapy - Karen Humphries, Villanova University

Nursing, Recovery Room - Maryann Scharle, Villanova University

Pharmacy - Paul Brazzo, Temple University School of Pharmacy

Physical Therapy - Carol Gober, University of Pittsburgh, Jill Mann, University of Pittsburgh

Planning - Jack Harvey, Rensselaer Poly Technical Institute

Respiratory Therapy - Timothy Wolfe -Hahnemann University

Social Service - Marianne Holler, Marywood College

Volunteer Services - Sarah Swift, Susquehanna University

Wellness Center - Mary Papalia, State University of New York at Cortland



Williamsburg/Busch Gardens

There are still spaces available for the Williamsburg/Busch Gardens trip scheduled from July 17-19. If you have already made reservations, the second installment of \$50.00 is due by Friday, June 26.

Discount developing!

A picture is worth a thousand words ... and savings for our hospital staff.

As inflation seems to be hitting everyone's pocketbook, the Hospital Center, through the Recreation Committee, is offering a new discount program for Hospital staff members with Quality Color Photo Labs in West Reading.

The program works as follows:

Hospital staff bring their film to be developed to the Public Relations Office and complete the required information on the mailer. A Quality Color representative will pick up film and deliver to Quality Color Photo Labs. In 2 to 3 days, finished pictures and slides will be returned to the Public Relations Office for staff to pick-up. Payment will be made when picked up in Public Relations.

Listed below is a price comparison.

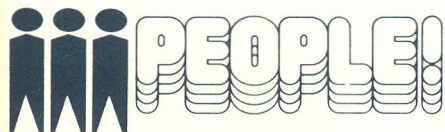
Price Comparison and Q.C. Price List

Color				
Print Roll	Kodak	K-Mart	Fotomat	Our
Film	Suggest	Suggest	Suggest	Employee
Sizes	Price	Price	Price	Price
12 Expos.	\$6.27	\$2.99	\$4.65	\$2.39
20 Expos.	9.15	4.27	6.49	3.79
24 Expos.	10.59	4.91	7.41	4.39
36 Expos.	14.91	6.83	10.37	6.19
Color Slide Roll				
20 Expos.	3.40	1.69	2.09	1.58
36 Expos.	5.50	2.84	3.24	2.65
Movies				
8/8 mm	3.85	1.69	3.60	1.65
Movies				
Super 8	3.70	1.69	3.60	1.62

For information on any Recreation Committee activities, contact Janet in Public Relations at 3084.



Work/Study students Marianne Holler, Jim Shaughnessy, Tricia Luchi, Jack Harvey, and Maria Papalia are only a few of the 31 students participating in this year's program at the Hospital Center, The Allentown Hospital, and Sacred Heart Hospital.



Father Edward B. Connolly, Catholic chaplain at the Hospital Center, will be leaving to assume the responsibilities of Assistant Superintendent of Education for the Diocese of Allentown on June 15.

Father Connolly has been here since December, 1974, serving as Catholic Chaplain and Director of Pastoral Care until June, 1980.

In his new position, he will be responsible for all secondary and religious education of the pupils in the 5-county diocese area.

Needs for a Catholic chaplain will be attended to by the clergy of St. Thomas More parish.

Stewart Fox, M.D., staff surgeon, and **Murray Miller, M.D.**, staff cardiologist, recently presented a scientific exhibit and manuscript at the 30th Annual American College of Cardiology in San Francisco.

The presentation by the two physicians pertained to a test which demonstrated that certain cardiac patients would benefit from a new type of pacemaker that stimulated two chambers of the heart rather than just one.

Drs. Fox and Miller have also written three manuscripts based on this research which have been accepted for publication in three medical journals and have been invited to present their work at an international symposium in London this fall.

Charles S. McConnel, Jr., M.D., staff otolaryngologist, was recently elected third vice president of the Pennsylvania Academy of Ophthalmology and Otolaryngology, a statewide association of eye, ear, nose and throat specialists.

Dr. McConnel was elected to the office at the Academy's 37th Annual Convention and Scientific Meeting in Bedford, on May 21.

Evon Medei is the new administrative resident for Quality Assurance. Evon is a graduate of the Temple University School of Pharmacy, and is working on an M.B.A. in Health Administration, also from Temple. He will be here until August.

Indru T. Khubchandani, M.D., Chief of Colon and Rectal Surgery, was a featured speaker at the 114th Annual session of the Texas Medical Association in Dallas, May 27-31.

Dr. Khubchandani presented "Common Anorectal Problems and their Management," "Preserving the Rectum in Inflammatory Bowel Disease with Monitoring by Rectal Biopsies," and "Techniques and Results on Anorectal Repair of Rectocele and Rectovaginal Fistulotomy.

Jack Dittbrenner, Biomedical Photographer, was the featured speaker at the Annual Spring Luncheon and Fashion Show of the A&SHHC Auxiliary at Lehigh Country Club on June 3.

Jack presented a humorous narrative on the "Power of Positive Permission," reflecting on current events, lifestyles, fashions, inflation and reflections on the past.

Helen M. Hallock, A&SHHC Auxiliary Past President, has been elected Recording Secretary of the Eastern Region of the Pennsylvania Association of Hospital Auxiliaries, which represents 21 hospital auxiliaries.

Look for A&SHHC Medical Staff members **James Rex, M.D.**, **James Sheets, M.D.**, **Peter Keblish, M.D.**, and **Joseph Pascal, M.D.**, and alternate **Stanley Zeeman, M.D.**, Medical Staff President, to represent the Hospital Center as the A&SHHC Golf Team at the Joseph R. Rizzo Celebrity Golf Tournament, June 26, at Bala Golf Club, Philadelphia.

The tournament benefits the Burn Foundation of Greater Delaware Valley, and through it, our burn center.

No easy way out!

As employees know, getting into the Hospital Center has never been a problem, it's getting out that's tough. Especially around 3:30 P.M.

While a total remedy to this situation is not easy, Leonard Farkas, Director of Engineering, explains what the hospital is doing about it:

"Right now, E. Pidock Co., Inc., our engineering consultant, is doing a total traffic study to determine the most appropriate and effective method of reducing the traffic jam when the afternoon shifts are over. We also petitioned PennDot (Pennsylvania Department of Transportation) for a longer green light pattern, which was not approved. And, according to PennDot, there are many legal restrictions on changing the entrance and exit traffic light pattern.

In the near future, we will widen the exit road to accommodate a right hand turn lane, and we might suggest that when leaving the hospital, try an alternate route down Fish Hatchery Road to East or South Allentown or to Bethlehem, utilizing this right hand lane."

According to Mr. Farkas, two new traffic lights will be installed on Cedar Crest Boulevard soon, at the entrance and exit to Rt. 309, and at Lincoln Avenue.

While a solution is not easy, be assured that planning is continuing to rectify this problem.

Ankle Trauma

The department of Radiology will sponsor a seminar on "Ankle Trauma" on Thursday, June 25 at 7:30 p.m. in the Hospital Center Auditorium.

Speaking will be Jack Edeiken, M.D., Professor and Chairman, Department of Radiology, Jefferson Medical College, Philadelphia.



THE WELLNESS CENTER

by Judy Stavisky, Wellness Editor

Seatbelts save lives- fact or fiction?

Fiction: If you wear a safety belt you might be trapped in your car should you be in an accident.

Fact: Without a safety belt, you can easily be stunned or knocked unconscious, even in a minor crash. If you're worried about being stuck in a burning or submerged auto, remember less than one out of every 200 injury-producing crashes involves fire or submersion in water. A seat belt can help keep you alert and able to escape quickly.

Fiction: But I might be saved if I'm thrown clear of a car in a crash.

Fact: Your chances of being fatally injured are almost 25 times greater if you are thrown from a car. Seat belts that restrain you from lunging forward can prevent you from plunging through your windshield, being smashed into trees or rocks, or getting run over by your own or other cars.

Fiction: You don't need to buckle up for short distances or at low speeds.

Fact: More than 8 out of 10 crashes happen at speeds less than 40 m.p.h. Most traffic accidents take place within 15 miles from home. You might be a cautious driver, but remember that there are others less careful on the road.

Fiction: It's my problem if I don't wear a seat belt. I'll be the only one who gets hurt.

Fact: If you're not wearing a safety belt, you can easily be thrown into other passengers. If you're driving and get involved in an accident, being stunned or knocked away from the wheel will leave your car out of control ... and your passengers helpless.

The injuries or deaths resulting from failure to use safety belts are largely preventable. The next time you neglect to buckle up could be a deadly decision. Think twice about using a seat belt ... then use it!

There are 19 Million...and Three Ex-smokers in the U.S.

Seven A&SHHC employees participated in the first stop cigarette smoking course held at the Wellness Center. According to self-reports, three stopped smoking entirely and the rest cut down substantially. In fact, if their kicking the habit is maintained for one year, they will have reduced their total consumption of cigarettes by over 40,000 a year! If you've been thinking about giving up the smoking habit, we can help you do it. The Wellness Center will be offering Smoking Cessation classes in the Fall of '81.

Jog your mind!

The Medical Times reports that jogging proved at least as effective as psychotherapy for eight people with limited to moderate depression in a small study of 28 depressed outpatients at the University of Wisconsin's Psychiatric Clinic. Members of the study group were randomly assigned to either 10 sessions of psychotherapy, unlimited psychotherapy or jogging. A one year follow-up study showed that most of the patients, who became regular runners showed little remaining symptoms of depression.

Fruit and vegetable nutrition

Listed below, are vegetables and fruits ranked according to nutritional value. Because they are so heavily consumed, tomatoes are the largest contributor of nutrients to the national diet, and oranges the second largest, even though neither ranks in the top fifteen in nutritional value. The list was compiled by the Campbell Soup Company. Rankings are based on concentration of vitamins A and C, niacin, riboflavin, thiamine, potassium, phosphorous, calcium, iron, and sodium.

- 1) Broccoli
- 2) Spinach
- 3) Brussel Sprouts
- 4) Lima Beans
- 5) Peas
- 6) Asparagus
- 7) Artichokes
- 8) Cauliflower
- 9) Sweet Potatoes
- 10) Carrots
- 11) Snap Beans
- 12) Corn
- 13) Peppers
- 14) Potatoes
- 15) Cabbage
- 16) Tomatoes
- 17) Beets
- 18) Bananas
- 19) Watermelons
- 20) Strawberries
- 21) Cantaloupes
- 22) Apricots
- 23) Figs
- 24) Celery
- 25) Eggplant
- 26) Lettuce
- 27) Cherries
- 28) Plums
- 29) Honeydew Melon
- 30) Peaches
- 31) Onions
- 32) Tangerines
- 33) Oranges
- 34) Cucumbers
- 35) Grapes
- 36) Grapefruit
- 37) Cranberries
- 38) Pears
- 39) Apples

Annual Meeting scheduled

The annual meeting of the Corporation of the Allentown and Sacred Heart Hospital Center will be held on Thursday, June 25, at 5:00 P.M., in the Auditorium. All are invited to attend.

Construction update

- The General Services Building construction is on schedule, expected opening is September 28, 1981.
- Work on the dining room expansion is also on schedule, to be completed by the end of August.
- The work being done on the second floor adjacent to the laboratory, and above the cafeteria expansion will be a walkway between the hospital and the general services building. This work will also afford additional space for use by the Clinical Laboratories.

SPD openhouse

"Spend a day in SPD" will be the theme on Monday, June 29.

All hospital employees and staff members are invited to see what goes on "behind the scenes" and learn more about the function of one the busiest and most vital areas of the hospital.

An open house, including tours of the department and reception, will be held from 2:00 - 4:00 P.M., for first and second shift, and 2:00 A.M. - 4:00 A.M., for the third shift.

During the week, the display case in the main lobby will feature departmental activities.

Notice - wire wheel thefts

All car owners who own cars with wire wheel covers are advised to contact Security if you cannot lock these covers. There has been increasing thefts of this type of wheel cover in our area and on the hospital grounds, and people without locks on these covers are a high risk!

Attention parents: Drug alert

The powerful hallucinogenic drug, LSD (Lysergic Acid Diethylamide), has recently surfaced in the states of Pennsylvania, New Jersey, and Delaware in two forms which could appeal to children.

The LSD has been found on a form of tattoo transfers called "Blue Stars," a sheet of white paper containing numerous blue stars the size of a pencil eraser. Absorption of the drug can occur orally or through skin absorption.

The second type consists of brightly colored paper tabs, resembling postage stamps imprinted with pictures of Superman or Mickey Mouse (as the Sorcerer's Apprentice). Licking these "stamps" can induce LSD into the child's system producing an LSD trip characterized by hallucinations and mood changes. Side effects can include delayed or prolonged reactions, suicidal and homicidal tendencies, and convulsions.

If your child is given or is approached to buy these items, contact your nearest police department.

Allentown and Sacred Heart Hospital Center
1200 S. Cedar Crest Blvd.
Allentown, PA 18105

BOARD OF DIRECTORS

Richard Fleming
President
James E. McCambridge, Jr.
Vice President
James C. Lanshe, Esq.
Secretary
J. Walton St. Clair, Jr.
Treasurer
Frank B. Andrews
Valeria S. Boyer
W. Richard Covert, D.D.S.
Henry H. Dent
Michael J. Egan, Esq.
Peter E. Farrell, M.D.
Walter J. Okunski, M.D.
Orlando R. Pozzuoli
Abram Samuels
Alan H. Schragger, M.D.
Morton I. Silverman, M.D.
Morton Schneider
Chairman Emeritus

Ellwyn D. Spiker
Administrator

Non Profit
U.S. Postage Paid
Permit No. 1922
Allentown, Pa.
18105